

Special Olympics School Delegation

Stephenville Yellowjackets



Special Olympics Mission

The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

Participants

Special Olympics Texas is divided into four regions with 19 area offices. Athletes may begin training as early as six years old, but must be eight years old to compete. Athletes must be 12 years old to attend statewide competitions. Thanks to the Young Athletes Program (YAP), which launched in 2005, children ages two through seven can participate as an "Athlete in Training" in areas where the program is available.

Young Athletes

The Young Athletes Program (YAP) is a sports play program designed to introduce children ages two to seven to the world of physical activity. Children with and without intellectual disabilities participate together, prior to and regardless of Special Olympics eligibility at age eight. The program utilizes physical activities to develop fundamental motor tracking and eye-hand coordination play. Children build these skills by participating in specific activities on a regular basis. The program concentrates on applying the skills learned through these activities in preparation for Special Olympics or traditional sports competitions.

MATP

The Motor Activities Training Program is designed specifically for athletes who are unable to participate in traditional Special Olympics sports. It was created to enhance individuals' motor skills, sport skills and physical fitness. After the eight-week training program is completed, a Challenge Day is offered that meets the needs of every participant and lets the athlete share his/her developed skills with family and friends.

MATP is its own program, has its own lessons, and is primarily for those who are severely physically disabled - wheelchairs, extreme assistance, etc.

Special Olympic Teams and Competing

Fall:

Aquatics
Bocce
Flag Football
Golf
Sailing
Softball
Triathlon

Winter:

Bowling
Figure Skating
Powerlifting
Roller Blading
Speed Skating
Table Tennis
Volleyball

Summer:

Athletics
Basketball
Cycling
Equestrian
Gymnastics
Kayaking
Soccer
Tennis

A student can participate and be coached and not compete in a formal competition. If the athletes are not specifically ready for one of our area competitions, whether team play or full individual play, then we offer Individual Skills at the competitions to help those athletes gauge where they are at.

Bocce

Bocce is an Italian game. The basic principle of the sport is to roll a bocce ball closest to the target ball, which is called a palina. Bocce as a Special Olympics sport provides people with special needs the opportunity to have social contact, develop physically and to gain self-confidence. Next to soccer and golf, bocce is the third most participated sport in the world.



Training

Training

Special Olympics Texas athletes must train for a minimum of eight weeks prior to each competition. Volunteer coaches, who are required to first complete a certification program and attend seasonal training schools, are responsible for training the athletes. Competition officials and event directors are also required to attend training schools.

Steps to become a coach...

1) Complete ALL Class A certifications (Application, General Orientation, Protective Behaviors, Background Check, and Concussion in Sports Training). All are located on the link below...

<http://www.sotx.org/get-involved/volunteer/next-steps.html>

2) Attend a sport specific training. In-person trainings are free. Some online trainings are free, but most cost. To make online trainings more cost-effective, if someone plans to get certified in that sport, might as well have all potential coaches from the delegation get certified at the same time.

Steps to become a coach...

- 3) Attend the "Area Conference" at the beginning of each year (in-person or online) - this keeps your Class A certification and helps us keep track if any coaches are no longer participating. If you do not attend, you will lose certification and have to start the Class A process all over again.
- 4) Once you are a certified coach through a sport specific training, we require that the athletes practice for a minimum of 8 weeks prior to an area competition. So, find time to start practicing for the specific sport you will be coaching. At least once a week, for a minimum of an hour.
- 5) There are other items needed before competing in a specific sport, but those will be addressed at a sports training.

Trainings and Competition Calendar

Area calendar for trainings: http://www.sotx.org/news-events/calendar/area-events.html?related_area=area_11&event_type=training&dateType=event_date&startDate=&endDate=

Online Trainings:

<http://www.sotx.org/get-involved/coaches/online-training-courses/>

Area Competition Calendar: http://www.sotx.org/news-events/calendar/area-events.html?related_area=area_11&event_type=competition&dateType=event_date&startDate=&endDate=

Athlete Medicals

SOTX requires that all athletes competing must have an up-to-date medical on file. There are to be 2 copies made - 1 for the HOD and 1 for the Area Office. All HOD's are responsible to have medicals on file and on hand at every SOTX related event - practices and competitions, in case anything were to happen.

Link to the medical: http://www.sotx.org/get-involved/sig/forms/sotx_athlete_medical_form.pdf

This counts as the athlete "application." Before any athlete (not "Athlete in Training") can begin practicing and competing, the must have a medical form completed by a parent or guardian, signed by the parent or guardian on the 3rd page, and then completed by an official medical examiner on the 4th page. Medical examiner can be a family physician, a nurse, Care Now, Cook's children, etc.

MEDICALS ARE GOOD FOR 3 YEARS!!!

A Plan

1. Young Athletes in PPCD and Life Skills at Chamberlin. Supplement motor lab, involve non-disabled peers.
2. Athletes in Training during 1st period at high school. Possibly recruit Tarleton and Hope students to develop a sports specific active environment. (MATP) Train and hold a challenge day event.
3. Invite SOTX to come for a field day to demonstrate Bocce.
4. Choose sports, form teams, train, and hold a local event. Hold after school practices (1 to 2 per week) for students 8-18+

*Bocce, Athletics

Jobs/ Opportunities

Head of Delegation: That's me! Athlete Medicals, Coach applications and training, scholarship funds, equipment

Coach and Volunteer Recruiter

Young Athletes Coordinator (PPCD-2nd grade)

Motor Activities Training Program (MATP) Coordinator (8 to 18+)

Event Organizer: challenge days, local and area meets eventually